Advanced Lumbar Spinal Decompression Therapy

CORE Rehab & Ethics

“THE WHY”
Understanding How Spinal Decompression with CORE Rehab Can Benefit Disc Patients & Your Clinic’s Outcomes

This course also includes 1 hour CE on Ethics

This 12 hour Ohio license renewal course. Understanding how to MATCH the proper treatment program with the MRI film-report and How – spinal Decompression vs. Flexion Distraction can improve better outcomes for the patient. Also a Overview of Cervical Disc Implant Replacement Option

ONE DAY SEMINAR

TOLEDO - PERRYSBURG, OH.
Saturday, November 5, 2016
HILTON GARDEN INN- PERRYSBURG HOTEL
6165 Levis Commons Blvd. Perrysburg, OH. 43551
PH: 419-873-0700

12-HOUR CE LICENSE RENEWAL COURSE
CE Hours Sponsored By:

Registration will be taken at the door. Space is limited to 45 doctors.
PLEASE REGISTER EARLY!
Advanced Lumbar Spinal Decompression

PROGRAM ACCREDITATION:
This course CE credit hours are accredited through the Lincoln College of Postprofessional, Graduate and Continuing Education at National University of Health Sciences (NUHS). 200 E. Roosevelt Rd. Lombard, IL 60148. Ph: 630-889-6622 12 CE credit hours.

SEMINAR TIMES:
Saturday Registration Time 7:00 am
Saturday Morning 7:30 am – 1:30 pm
LUNCH ON YOUR OWN 1:30 pm – 2:30 pm
Saturday Afternoon 2:30 pm – 7:30 pm

Complimentary refreshment and snacks will be provided throughout the seminar.

SEMINAR COURSE NOTES will be emailed to registered doctors if you register prior to the seminar date. The Tuesday prior to the seminar. Course notes will be available at the seminar for at the door registrations.

ABOUT THE SPEAKERS:

RANDY B. REED, DC, CCSP.
Dr. Reed is a 1985 graduate of Logan College of Chiropractic in Chesterfield, Missouri. He is a certified chiropractic sports physician, certified in Manipulation Under Anesthesia (MUA), and has a Masters degree in secondary education from Miami University (Ohio). Dr. Reed has 26 years of clinical experience. His expertise is treating sports injuries and intervertebral disc syndromes with Spinal Decompression Therapy and CORE rehabilitation programs. He is a former member of the Cleveland Orthopedic and Spine Hospital at Lutheran Hospital. Dr. Reed has presented clinical and scientifically based “Better Doctors Seminar Series” nationwide for both Medical and Chiropractic physician groups, lecturing on non-surgical decompression treatment of spinal disc syndrome.

Ahmad Zakeri, MD.
Dr. Zakeri is a graduate of Albert Einstein College of Medicine. Undergraduate degree from Rutgers University, College Of Engineering. Board certification with the American Board of Neurological Surgery. Advanced training, internship/residency with the State University of New York at Buffalo. His specialty is neurosurgery with special interests related to Degenerative disc disease of the spine and neck, herniated discs, spinal stenosis. He joined the Toledo Clinic in 1995. He has hospital privileges at Mercy Saint Anne, Mercy St. Vincent, Wildwood Orthopedic & Spine Hospital, and others.

SEMINAR INFORMATION

1st Hour:
Ethics & Professionalism for Today’s D.C.
! Update review of Ohio Chiropractic Board rules
! Definition of ethics that relates to a chiropractic practice
! Ethics for the social media chiropractor
! Truth in advertising-marketing rules
! Informed treatment consent/professional boundaries
! Making claims that are only consistent with the evidence based practices
! Your duties to the profession and patient’s rights
! My Uncle Louis once told me...

2nd and 3rd Hour

I. Introduction: Becoming a Neuro/ Musculoskeletal Expert
A. Being a “Better Doctor”, Why Decompression Fits in a Chiropractor’s Office
B. BE + DO = HAVE
C. Seminar organization
D. Time schedule
E. Curriculum

II. Introduction into Disc Decompression
A. New Answers for an age old problem
B. Decompression Research Updates
C. Traction vs. Axial Decompression

III. Finding the Primary Pain Generator
A. The Facet Syndrome Presentation
B. The S.I. Joint Presentation
C. The Disc Presentation

4th Hour

I. Principles of Disc Decompression
A. Definition of Vertebral Axial Decompression
B. Mechanical Effects of Decompression
C. Indications for Axial Decompression Therapy
D. Contra Indications for Decompression Therapy

5th Hour

I. Anatomy of the Intervertebral Disc
A. Design Structure of the Disc
B. Disc Height
C. Innervation of the Disc
D. Nutrition of the Disc
E. Intervertebral Disc Herniation and Degeneration

II. Nomenclature and Classification of Disc Pathology
A. Herniation
1. Focal
2. Broad Based
3. Symmetrical
B. Bulging Disc
C. Annular Tear
D. Protrusion vs. Extrusion
E. Disc Degeneration
F. Spondylosis Deformans
G. Intervertebral Osteochondrosis

III. Understanding the Disc MRI
A. T1 vs T2 Images
B. MRI Consultation

6th Hour:

Guest Speaker
Ahmad Zakeri, M.D.
Overview: Mobi-c Cervical Disc Implant Replacement Option

(2 level Prosthesis Implant)
! Candidates and indications for the disc prosthesis procedure
! Disc reconstruction following discectomy, involving C3-C7 levels
! Maintaining functional range of motion of the cervical spine
! Two-level disc implant indications for use
! Prosthesis maintaining cervical range of motion vs. fixed spinal fusion
! Outcome studies of Mobi-C

7th Hour

Using Functional Movement Systems to Evaluate our Athletes and Patients
! The Practice of Movement Screening and Assessment
! Body Parts versus Movement Patterns
! Movement is OUR BUSINESS
! Movement Screening Models (SMFA)
! Function versus Anatomy
! Dysfunction, Pain, and Rehabilitation
! The Five Basic Principles of Function

8th & 9th Hour

I. Mechanical Spinal Decompression Protocols
A. Mechanical Effects of Decompression: formula for Success
B. Decompression Programs: Matching Programs with Patient’s Needs
   1. Angle
   2. Time
   3. Hold and Rest Poundage
   4. Program Type
C. Decompression Research
D. Decompression Conditions
   1. Anterior Conditions
   2. Posterior Conditions
   3. Disc Degeneration Conditions
   4. Spinal Stenosis
   5. Cervical Protocols
   6. Lumbar Protocols

10th Hour

II. Nutritional Protocols for the Disc Patient
A. Tissue Injury: Muscle Spasm
   1. Direct Stimulation of Mechano-Sensitive Nociceptors
   2. Hypoxia and Nociceptors
   3. Reflex Muscle Spasm
   4. Nutritional Treatment Considerations
   5. Muscle Relaxants and side effects
B. Tissue Injury: Tendonitis / Bursitis
   Inflammation revisited
C. Tissue Injury: Joint Dysfunction
   Nociceptive Processes and Spinal Joint Dysfunction
D. Tissue Injury: Nerve Entrapment
   1. Chemical Irritants
   2. IGG Food sensitivity as a cause for inflammation, chemical irritants, and symptoms
E. Nutritional Supplementation In Your Office
   1. Anti-Inflammatory nature of EPA/DHA Fish Oil
   2. Potassium
   3. Magnesium
   4. Calcium
   5. CoQ10
   6. Proteolytic Enzymes
   7. Food as Medicine

11th and 12th Hour

I. Core Rehabilitation Principles for the Disc Patient
A. Goals for Active Rehab
B. Active vs. Passive
C. Failure of Home Based Exercise
D. QFCE: Quantitative Functional Capacity Evaluation
E. Classifications of Waddell Signs
F. Classifications of Low Back Pain
G. Treatment Based Classifications
   1. Manipulation Responders
   2. Traction Responders
   3. Stabilization Exercise Responders
   4. Directional Preference Responders
H. McKenzie Protocols: using Extension Movement
I. “Seven from Heaven” Disc Exercises for the Disc Patient

END OF SEMINAR
REGISTRATION INFORMATION

ADMINISTRATIVE INFORMATION:
Course Chairman, Alan L. Palgut, DC
Phone: (440) 449-1020

REGISTRATION INFORMATION:
Registration will only be accepted by the official registration form. Photocopies of the form are acceptable. ChiroHealth Educational Seminars accepts payment in the form of check, cash, MasterCard or Visa.

NO CHECKS WILL BE ACCEPTED FOR AT-THE-DOOR REGISTRATION.

DISCLAIMERS / CANCELLATION & REFUND POLICY
A refund will be granted provided notification is in writing and postmarked no later that 14 days prior to the seminar date. A $40.00 service fee will not be refunded. When the program has been concluded as scheduled, but the registrant did not attend nor provide a 14-day cancellation notice, tuition is non-refundable. Any returned NSF check will incur an additional bank charge of $45.00. Every attempt is made to offer this program as publicized. However, ChiroHealth Educational Seminars reserves the right to adjust program dates, location, times, instructors, etc. to accommodate unexpected faculty or student needs, and cancel due to insufficient enrollment. For this reason we do not recommend at the door registrations without prior confirmation of the status of this course. Attendance will be LIMITED, call ChiroHealth Educational Seminars at (440) 449-1020. ChiroHealth Educational Seminars is not responsible for any expenses incurred by the registrants due to program adjustments or cancellations. If license renewal credit is needed, please inquire if this course is approved for your state. No seminar transfers will be allowed.

CONTINUING EDUCATION CREDIT
12 CE credit hours available certified through National University of Health Sciences. Individuals waiting to earn CE credit must sign in, complete the attendance form and return it at the end of the seminar. Each day will begin promptly at its designated starting time. Completion certificates will be sent to all registered participants at the conclusion of the seminar, by U.S. Mail from N.U.H.S. within 4 weeks.

CONFIRMATION
A confirmation will be sent upon receipt of your paid registration either by mail or facsimile. Please allow ample travel time to guarantee on-time arrival. If you are in need of additional directions to the seminar location, please call the hotel listed below for directions or Map Quest the Seminar hotel location for more detailed directions.
REGISTRATION FORM

Advanced Lumbar Spinal Decompression Therapy
CORE Rehab - Ethics
Toledo-Perrysburg, Ohio
SATURDAY, NOVEMBER 5, 2016
ChiroHealth Educational Seminars • 12 hours of CE

Name DC: ____________________________
(Please print your name, as you would like it to appear on CE certificate)

Office Mailing Address ____________________________________________________________

City ____________________________________________ Zip Code __________________________
State __________________________________________

Office Phone#: __________________________ Cell#: _________________________________
Fax Number _________________________ Ohio DC Lic # _____________________________
Email Address _________________________________________________________________
(This e-mail will be used to send your course notes to you)

*SEMINAR COURSE NOTES will be e-mailed to registered doctors if you register prior to the seminar. On the TUESDAY prior to the seminar. Course notes will be available at the seminar for at the door registrations ONLY.

TO REGISTER BY MAIL OR FAX:
• Mail complete registration form with payment to:
  ChiroHealth Educational Seminars
  P.O.Box 85
  Gates Mills, OH 44040
  Tel: (440) 449-1020
• Fax your registration form with complete credit card information to (440) 4490-1568

TO REGISTER ONLINE
• Go to www.choh.org
• Select Seminars > complete the online registration

REGISTRATION/FEES
Registration forms must be postmarked or faxed on or before the pre-registration date to receive the lower fee.

Toledo-Perrysburg Seminar – Saturday, November 5, 2016

☐ $249.00 Pre-registered on or before October 21, 2016
☐ $269.00 Pre-registered on or before November 1, 2016
☐ $289.00 Pre-registered on November 2, 2016 or at the door
☐ $15.00 Fee for hard copy course notes. (Electronically e-mailed at no charge)

PAYMENT METHOD
☐ Check Enclosed to: ChiroHealth Educational Seminar
☐ MasterCard
☐ Visa
  Account # __________________________________________________________
  Exp. Date __________________________________ Security Code ________________
  (Last three digits of code on back of card)
  Name ___________________________________________ (as printed on the card)
  Signature ____________________________________________
  Please copy for your files

REGISTRATION WILL BE TAKEN AT THE DOOR. SPACE IS LIMITED TO 45 DOCTORS.
PLEASE REGISTER EARLY!
Contact ChiroHealth Educational Seminars with questions.
(440) 449-1020
REGISTER EARLY! SAVE $